

# Barelas Senior Center



Director  
Anna M. Sanchez



714 Seventh St SW  
Albuquerque, N.M 87102  
505-764-6436

[www.cabq.gov/seniors](http://www.cabq.gov/seniors)

**CENTER STAFF**  
Julio Santiesteban  
Center Manager

Janelle Apodaca  
Program Coordinator

Catherine Romero  
Office Assistant

Evelyn Ulibarri  
Program Assistant

Laura Baca  
General Service Worker

Jose Olivas  
Cook

Cynthia Garcia  
Kitchen Aide



## Big Spring Clean Flea Market



Come hunt for some great treasures  
and wonderful finds at our

**HUGE Spring Flea Market!**

With almost 30 vendors, you are  
sure to find something nice!



**Barelas**

Thursday, March 23rd  
8:15 am - 11:00 am



## Powerful Tools for Caregivers

Caring for a family member or friend with a serious condition can be physically, emotionally, and financially draining. This FREE 6-week class provides tools to reduce stress, deal with difficult emotions, locate helpful resources and live a more balanced life, so everyone benefits.

Participants receive a free copy of "The Caregiver Helpbook".

Limited to 10 participants, so register soon! Call 505-494-4021 or visit

[www.familycaregivernm.org](http://www.familycaregivernm.org).

**Barelas**

Wednesdays, 10:00 am - 11:30 am

April 12, April 19, April 26, May 3, May 10, May 17



# Activities



## Arts and Crafts

Ceramics - Mondays & Wednesday 9:00 am - Noon  
 Retablos- Tuesday 9:00 am - 11:30 am  
 Tin - Tuesday 1:00 pm - 4:00 pm  
 Beginning Acrylic Painting - Tuesday 9:00 am - 12:00 pm  
 Offbeat Artists- 1st & 3rd Friday 1:00 pm - 3:00 pm  
 Crochet with Rafaelita- Thursday 10:30 am -1:00 pm

## Dance/Exercise

Line Dance- Beginner - Wednesday 9:00 am - 10:00 am  
 Line Dance - High Beginner- Wednesday 10:15 am - 11:15 am  
 Line Dance- Intermediate - Friday 9:30 am - 11:00 am



## Cards & Games

Billiards  
 Cards and Puzzles  
 Monday-Friday 8:00 am - 5:00 pm  
 Bingo - Tuesday 2:00 pm - 4:15 pm

## Exercise

Pilates- Monday 8:30 am - 9:30 am  
 Pickleball - Monday 1:30 pm - 3:30 pm  
 \*Senior Aerobics - Tuesday 10:00 am - 11:00 am  
 \*Senior Aerobics - Thursday 1:30 pm - 2:30 pm  
 Yoga - Thursday 9:00 am - 10:00 am  
 Tai Chi for Health - Thursday, 1:15 pm - 2:15 pm



## Garden

Garden Monthly Gathering: Second Wednesday of every month at 11:00 am  
 Next Gathering: March 8th 11:00 am

## Language

Italian - Thursday 1:30 pm - 2:20 pm  
 Spanish - Wednesday 1:00 pm - 2:00 pm

## **Dance to Live Music**

**\$3/person**

**Fridays**

**1:30 pm - 4:00 pm**



**March 3rd**  
**March 10th**  
**March 17th**  
**March 24th**  
**March 31st**

**Milagro**  
**La Raza**  
**Amistad**  
**Desert Springs**  
**Chili Beans Express**



## Trips

A minimum of three people must sign up for weekly trips in order for the van to depart.

### **Dia de Familia y Comunidad:**

#### **Fiesta de Barelitas at the**

#### **National Hispanic Cultural Center**

Wednesday, March 22nd

Check In: 11:50 am - Return 3:00 pm

Lunch reservations

### **El Santuario de Chimayo**

Thursday, March 30th

Check in: 8:15 am Return 4:30 pm

Lunch at your own expense

### **History & Mystery Tour of the Historic Cathedral in Santa Fe**

Wednesday, March 29th

Check In: 8:30 am Return 6:00 pm

Lunch at your own expense

### **Free Computer Class**

Come learn about surfing the web.  
*Safe, Secure, Solid Websites* class.

**Wednesday, March 15th**

**9:00 am - 10:00 am**

**Sign up at the front desk or call**

**505-764-6436**



### **March Birthday Celebration**

Come enjoy a piece of cake and celebrate our  
March babies!

**Tuesday, March 21st 1:00 pm**

Sponsored by Oak Street Health



**OAK  
STREET  
HEALTH**

### **Computer Lab Time Change**

The computer lab will be closed  
on Mondays and Wednesdays  
from March - April.

The computer in the lobby  
will still be available.

### **Senior Citizen's Law Office**

Provides general legal information. Divorces,  
wills and criminal issues are not included.

Please call 265-2300 for more information and  
to schedule an appointment.

**Thursday, March 9th**

**10:30 am - 12:30 pm**



### **Pot of Gold Gala**

Come join us for a jig or two or  
more!

**Friday, March 17th**

**1:30 pm - 4:00 pm**

*Music by Amistad*

\$3 per person



### **Adopt a Raised Garden Bed**

Would you like to grow your own flowers,  
herbs, and veggies?

We have raised garden beds that you can  
adopt in the community garden.

Talk with one of our gardeners for information.

### **Flu & COVID-19 Vaccine Shot Clinic**

All Ages Welcome, Walk-Ins Accepted  
No insurance required - Please bring

COVID-19 vaccination card for booster update. If  
applicable please bring your Medicare card.

**Thursday, March 9th**

**9:00 am - 12:00 pm**

## Happy Pi Day!

There are 3.14... reasons to celebrate this day!  
Circle around and come celebrate Pi Day!



**Barelas**  
**Tuesday, 3.14**  
**1:15 pm**

Sponsored by  **PRESBYTERIAN**



## Senior Tech Connect Fair

**Palo Duro Senior Center**  
**Friday, April 14th**  
More information to come

### Las Voces de Coronado

Come listen to the coro, Las Voces de Coronado from Coronado Dual Language Magnet School.

**Friday,**  
**March 31st**  
**10:30 am**



### Senior Tech Help

Do you need help with your cell phone, tablet, or laptop? Come get one on one help with students from Amy Biehl High School.



**Thursday, March 2nd**  
**1:00 pm - 3:00 pm**

### St. Patrick's Day Luncheon

**ST. PATRICK'S DAY LUNCH**

**Corned Beef**  
**Diced Potatoes**  
**Steamed Cabbage**  
**Cookie**  
**1 % Milk**

**Friday, March 17th**  
**11:30 am - 1:00 pm**

Make your reservations by 1:00 pm on March 16th.



### Pickleball Monday Fun Day!

Pickleball is a great sport filled with all kinds of fun. We're celebrating the fun of pickleball!  
Refreshments served.

**Monday, March 13th**  
**1:30 pm - 3:30**



### Movies

#### Ticket to Paradise

Wednesday, March 8th  
1:15 pm  
Rated PG-13



#### Top Gun: Maverick

Wednesday, March 22nd  
1:15 pm  
Rated PG-13



### GEHM Clinic

**Wednesday, March 15th**

**8:30 AM - 12:00 PM**

Nurse-managed clinics provide a variety of health promotion services for persons 55 and over. Services include: blood pressure & diabetes screening; health assessments; counseling related to nutrition, health problems, aging process, medication management; diabetic self-management education and more.

### Advisory Council Meeting

Monday, March 20th at noon  
North Valley Senior Center - 3825 4th St. NW, 87107